

Multiple Intelligences Checklist

Check those statements that apply in each intelligence category:

Intelligence:

- ☐ Books are very important to me.
- ☐ I can hear words in my head before I read, speak, or write them down.
- ☐ I get more out of listening to the radio or from spoken word cassette and I do from television or films.
- ☐ I show an aptitude for word games like Scrabble, Anagrams, or Password.
- ☐ I enjoy entertaining myself or others with tongue twisters, nonsense rhymes, or puns.
- ☐ Other people sometimes have to stop and ask me to explain the meaning of the words I use in my writing and speaking.
- ☐ English, social studies, and history were easier for me in schools and math and science.
- ☐ When I drive down the freeway, I pay more attention to the words written on the billboards than to the scenery.
- ☐ My conversation includes frequent references to things I've read or heard.

Intelligence:

- ☐ I can easily compute numbers in my head.
- ☐ Math and/or science were among my favorite subjects in school.
- ☐ I enjoy playing games or solving brainteasers that require logical thinking.
- ☐ I like to set up little "what if" experiments (for example, "What if I double the amount of water I give to my rosebush each week?")
- ☐ My mind searches for patterns, regularities, or logical sequences in things.
- ☐ I'm interested in new developments in science.
- ☐ I believe that almost everything has a rational explanation.
- ☐ I sometimes think in clear, abstract, wordless, imageless concepts.
- ☐ I like finding logical flaws in things that people say and do at home and work.
- ☐ I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.

Intelligence:

- ☐ I often see clear visual images when I close my eyes.
- ☐ I'm sensitive to color.
- ☐ I frequently use a camera or camcorder to record what I see around me.
- ☐ I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.
- ☐ I have vivid dreams at night.
- ☐ I can generally find my way around unfamiliar territory.
- ☐ I like to draw or doodle.
- ☐ Geometry was easier for me than algebra in school.
- ☐ I can comfortably imagine how something might appear if it were looked down upon from directly above in a bird's eye view.
- ☐ I prefer looking at reading material that is heavily illustrated.

Intelligence:

- ☐ I engage in at least one sport of physical activity on a regular basis.
- ☐ I find it difficult to sit still for long periods of time.
- ☐ I like working with my hands at concrete activities, such as sewing, weaving, carving, carpentry, or model building.
- ☐ My best ideas often come to me when I'm out for a long walk or jog, or when I'm engaged in some other type of physical activity.
- ☐ I often like to spend my free time outdoors.
- ☐ I frequently use hand gestures or other forms of body language when conversing with someone.
- ☐ I need to touch things in order to learn more about them.
- ☐ I enjoy daredevil amusement rides or similar thrilling physical experiences.
- ☐ I would describe myself as well coordinated.
- ☐ I need to practice a new skill rather than simply reading about it or seeing a video that describes it.

(over, please)

Intelligence:

- ☐ I have a pleasant singing voice.
- ☐ I can tell when a musical note is off-key.
- ☐ I frequently listen to music on radio, records, cassettes, or compact discs.
- ☐ I play a musical instrument.
- ☐ My life would be poorer if there were no music in it.
- ☐ I sometimes catch myself walking down the street with a television jingle or other tune running through my mind.
- ☐ I can easily keep time to a piece of music with a simple percussion instrument.
- ☐ I know the tunes to many different songs or musical pieces.
- ☐ If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
- ☐ I often make tapping sounds or sing little melodies while working, studying, or learning something new.

Intelligence:

- ☐ I'm the sort of person people come to for advice and counsel at work or in my neighborhood.
- ☐ I prefer group sports like badminton, volleyball, or softball to solo sports such as swimming and jogging.
- ☐ When I have a problem, I'm more likely to seek out another person for help than attempt to work it out on my own.
- ☐ I have at least three or four close friends.
- ☐ I favor social pastimes such as Monopoly or bridge over solitary recreations such as video games or solitaire.
- ☐ I enjoy the challenge of teaching another person, or groups of people, what I know how to do.
- ☐ I consider myself a leader (or others have called me that).
- ☐ I feel comfortable in the midst of a crowd.
- ☐ I like to get involved in social activities connected with my work, church, or community.
- ☐ I would rather spend my evenings at a lively social gathering than stay at home alone.

Intelligence:

- ☐ I regularly spend time alone meditating, reflecting, or thinking about important life questions.
- ☐ I have attended counseling sessions or personal growth seminars to learn more about myself.
- ☐ I have opinions that set me apart from the crowd.
- ☐ I have a special hobby or interest that I keep pretty much to myself.
- ☐ I have some important goals for my life that I think about on a regular basis.
- ☐ I have a realistic view of my strengths and weaknesses (borne out by feedback from other sources).
- ☐ I would prefer to spend a weekend alone in a cabin in the woods rather than at a fancy resort with lots of people around.
- ☐ I consider myself to be strong willed or independent minded.
- ☐ I keep a personal diary or journal to record the events in my inner life.
- ☐ I am self employed or at least thought seriously about starting my own business.

RESULTS

Intelligence	# of checks